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Dumbo Recipe

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Peanut Zoodles

Prep: 20 mins

Cook: 5 mins

Serves: 4



While it's safe to assume this dish would never be fed to a real-life pachyderm, it earns its place in this collection by featuring the favourite snack of a fictitious one. Courgette noodles are dressed in a peanut sauce that's filled with sweet and spicy flavours all in one. It's a fuss-free meal with a kick.

Ingredients

For the peanut Sauce

- [2 tbsp peanut butter](#)
- [1 tbsp rice vinegar](#)
- [1 tbsp soy sauce](#)
- [1 tsp sriracha](#)
- [1 tbsp brown sugar](#)
- [2.5cm piece of fresh ginger, grated](#)
- [1 clove of fresh garlic, grated](#)
- [½ lime, juice and zest](#)
- [Black pepper, to taste](#)
- [Salt, to taste](#)

For the Zoodles

- [3 medium courgette, trimmed and spiralised](#)
- [1 large carrot, cut into matchsticks](#)
- [140g red cabbage, shredded](#)
- [30g peanuts, chopped to garnish](#)
- [4g coriander, chopped to garnish](#)

Method

1. In a large bowl, whisk together the peanut butter, rice vinegar, soy sauce, sriracha, lime zest and juice, brown sugar, ginger, and garlic with 125ml hot water until smooth. Season with salt and pepper to taste.

2. Add the courgette, carrot, and cabbage to the sauce and toss to coat.

3. Keep refrigerated until ready to serve topped with peanuts and coriander.

Tip: For a more filling main dish, try adding shredded chicken or fried tofu to these zoodles.

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